



SOCIAL RESPONSIBILITY
YOUTH DEVELOPMENT
HEALTHY LIVING

SOUTHERN DISTRICT YMCA

FALL 2022

PROGRAM GUIDE

September 6– October 22 2022



FIND YOUR Y

Something for Everyone.

Our Mission:

To put our principles into practice through programs that build a healthy spirit, mind, and body for all.

Our Community Impact Statement:

We are a community resource for connecting and partnering with businesses, schools, towns, and individuals to encourage everyone to learn, grow and thrive.

FACILITY HOURS

MONDAY - THURSDAY: 5:00AM-8:00PM

FRIDAY: 5:00AM-7:00PM

SATURDAY: 7:00AM-2:00PM

SUNDAY: 8:00 AM - 1:00 PM

CHILD WATCH HOURS

MONDAYS: 7:30 AM - 11:00 AM

TUESDAYS: 7:30 AM - 11:00 AM, 4:00PM-8:00 PM**

WEDNESDAYS: 7:30 AM - 11:00 AM, 4:00PM - 8:00 PM**

THURSDAYS: 7:30 AM - 11:00 AM, 4:00 PM - 8:00 PM**

FRIDAYS: 8:00 AM - 11:00 AM

SATURDAYS: Coming Soon! Staff pending.

** Staff pending.

HOLIDAY CLOSURES 2022

Monday September 5-Labor Day

Monday October 10-Indigenous People's Day

Friday November 11- Veteran's Day

Thursday November 24-Thanksgiving

Saturday, December 24-Christmas Eve Closing at Noon.

Saturday December 31, New Years Eve Closing at Noon.



Masks Optional

We are mask optional for indoor use and exercise at the Southern District YMCA facility



We continue to encourage everyone to get vaccinated and boosted and to practice good public health practices, including handwashing and especially staying at home and masked if sick or exposed.

HOW CAN WE HELP?

Welcome Center
membership@sdymca.org
603-642-3361

For Branch Updates

TO ENROLL IN TEXT NOTIFICATIONS, TEXT "SDYMCA" to
545-39.



MEMBERSHIP

Healthy, Mind, Body, Spirit



MONTHLY MEMBERSHIP RATES

MEMBERSHIP LEVELS

| TYPE | AGE | MONTHLY FEE | JOINING FEE |
|-------------------|--------------------------------------------------------------------------------------------------------|-------------|-------------|
| Youth/Teen | 12 - 17 | \$17 | \$25 |
| Young Adult | 18 - 26 | \$36 | \$50 |
| Adult | 27 - 64 | \$48 | \$50 |
| Adult Couple | 18 - 64 | \$58 | \$75 |
| Family (1 Adult) | 1 adult in same household with dependents to age 17, and college students to age 26 (with 12 credits) | \$63 | \$100 |
| Family (2 Adults) | 2 adults in same household with dependents to age 17, and college students to age 26 (with 12 credits) | \$71 | \$100 |
| Family (3 Adults) | 3 adults in same household with dependents to age 17, and college students to age 26 (with 12 credits) | \$91 | \$100 |
| Senior | 65+ | \$36 | \$50 |
| Senior Couple | 65+ | \$58 | \$75 |

IN PERSON BENEFITS

- FREE access to full-size basketball gymnasium and indoor track
- FREE access to the 4,000 ft state-of-the-art wellness center (cardio and weights)
- FREE access to The OC, a functional training space
- FREE group exercise with more than 45 classes each week
- Priority registration and reduced rates for facility programs
- Convenient access seven days a week with on-site parking
- No contracts
- On-Site Child Care (Child Watch)

Financial assistance is available for programs and membership

HOW CAN WE HELP?

Welcome Center
membership@sdymca.org
 603-642-3361





MEMBERSHIP

Virtual YMCA- Y360



Experience The Y Like Never Before

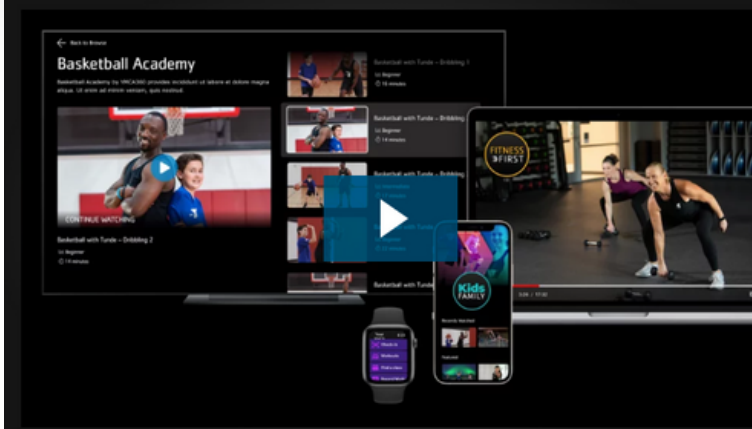
Stream your favorite programs, classes and instructors. Anywhere. Anytime.



New this fall, YMCA 360. Now you can take the Y with you wherever you go! Free to Members, Y360 gives you access to stream thousands of hours of content when you want to work out on the go or from your home! Taught by Y-USA instructors you can find great workouts for you to access, there are even activities like cooking classes for kids.

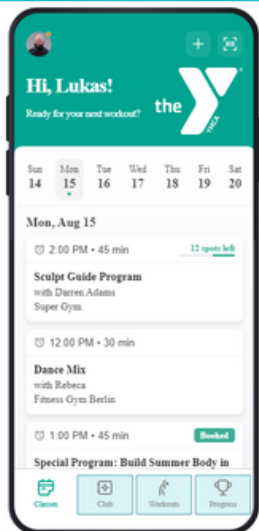
For more information check out welcome video here:

<https://youtu.be/GSh98oSkQXU>



**Healthy Living for all.
On all screens.**

From yoga to youth sports, enjoy our exclusive collection of on-demand and livestream classes, on all your devices in cinematic 4K. Experience YMCA360, wherever you are and whenever you want, and experience healthy living for all.



Introducing Y-Connect

Coming this fall and available for download in the App Store, Y-Connect helps you track your fitness goal progress and even take part in YMCA challenges and more. Details coming soon!



EXETER AREA YMCA

TEEN/YOUTH PROGRAMS

[Click Here to Register for Programs](#) –in Daxko program registration, type name of program desired

ACTIVE KIDS

Monday–Thursday, Starting September 6
4:30 PM – 7:00 PM

MEMBERS: Free; COMMUNITY: \$5 Drop-in

Intended for ages 7 to 10, Active kids is designed to help get young active kids in the gym! By using bodyweight, ropes, sled, ladders, med balls, bands, and other tools we will create full-body exercises that help strengthen and engage our little lifters. Minimum of 4 participants. Held in the gym.

ALL LEVELS L.I.F.T

September 6 – October 6

Tuesdays and Thursdays 4:00PM –5:00PM,

MEMBERS: \$60; COMMUNITY: \$120

Lifting instruction for teens age 11–17. Taught by Carl, you will learn the fundamentals of lifting and basic gym etiquette. This 5 week program not only provides the education on how to program and lift safely but also how to create a great relationship with health and fitness. Minimum of 4 participants, no drop-ins.

YOUTH COOKING CLASS

Tuesday: 4:00–5:30 PM, starting 9/20

MEMBERS: \$125/Full Program; \$20/Drop-In

COMMUNITY: \$225/Full Program; \$35/Drop-In

In this class, Chef Alex will introduce a variety of different techniques with new foods. By incorporating hands-on experience, participants develop a new appreciation of the ability to cook for themselves and others. This session for ages 11–14 (grade 6–8) Minimum of 5 participants. Held in the Community Room.

GIRLS LIFTING CLUB

Mondays and Wednesdays: 4:00 PM–5:00 PM

September 6 to October 6

MEMBERS: \$60; COMMUNITY: \$120

Age 11–16.

Help girls get comfortable with lifting over a five-week period! Learn the fundamentals of lifting in a safe area, surrounded by other female lifters. Instructed by Carl, our Y Wellness Coordinator. Held in the Odyssey Center. Minimum of 4 participants.



TEEN ORIENTATIONS IN THE WELLNESS CENTER!

Parents, please help us by registering your child for this 30 minute group orientation to review facility protocol, wellness floor etiquette, and expectations. Teen orientation is required to use the wellness floor equipment without an adult. No youth will be allowed on the floor alone without completing an orientation.

TEEN ORIENTATIONS

Monday–Thursday 2:30 to 3:30pm

Ages 10–15.

Enroll your child in an orientation of our fitness center to help them learn about using our fitness equipment safely and properly. Upon completion, they'll receive a wristband that grants them fitness center access. Free to members



EXETER AREA YMCA

FAMILY PROGRAMS

[Click Here to Register for Programs](#) -in Daxko program registration, type name of program desired

FAMILY YOGA

Look for Pop-Up dates and times.

MEMBERS: Free; **COMMUNITY:** \$5 drop-in

Join in for Family Yoga! These are classes that can be experienced together as a family. Ideal for kids ages 4+ and their grown-up(s) that aren't afraid to flip upside down (down dog). Plus there are many benefits to family yoga! Promoting healthy habits, sparking creativity, building communication skills, creating a common interest and most importantly, **HAVING FUN!**



HOST YOUR CHILD'S BIRTHDAY PARTY AT THE Y

Several different themed parties are available or you can design your own. Included in the fee charged for your event are the following services:

- A YMCA Staff member to facilitate activities in the gym and community room.
- Use of half of YMCA gym for one hour and YMCA community room for one hour
- Non-themed paper table cloth for community room tables
- Choose from bounce house, nerf blaster, sports, dance or outdoor fun
- \$225 for Members, \$350 for Non-Members

For more information check out our website for details or email Carl@sdyymca.org.





EXETER AREA YMCA

ADULT PROGRAMS

[Click Here to Register for Programs](#) -in Daxko program registration, type name of program desired

OUTDOOR BOOTCAMP

Wednesdays 9:00AM - 9:45 AM starting 9/14
weather permitting.

MEMBERS: Free; **COMMUNITY:** \$10

Join Allison, group exercise instructor for Outdoor Bootcamp. Challenge yourself in this classic hardcore fitness class; a combination of cardio, strength, and bodyweight exercises. This will be outside, weather permitting. This is an 16+ program.



ZUMBA STARS

Fridays: 12:30 PM

This adaptive version of Zumba is great for all levels and all abilities. This class incorporates a lot of general movement and music from Latin dances and uses current, popular music and encourages creativity. Held in Studio Beat. Registration in MindBody app.



FOAM ROLLING SEMINAR

October 15

9:00 AM - 9:30 AM

MEMBERS: \$25; **COMMUNITY:** \$45

Join Danielle Hornsby, Health and Wellness Director for a 30 minute seminar on foam rolling. Foam rolling is a kind of self myofascial release AKA massage. Learn how to break up trigger points and ease muscle soreness. Price includes your own 3ft foam roller! Held in the Mind Body Studio.



DROP AND BURN

Dates: 9/12 to 10/28;

Monday, Wednesday, Fridays; 9:15 AM to 10:00 AM

MEMBERS: \$100; **COMMUNITY:** \$200

Drop your children off in our free daycare and join Danielle and Carl for 45 minutes of high intensity training.



GROUP EX LAUNCH WEEKEND

10/21 to 10/23, Times vary by class

New music and moves in all of our classes. Bring a friend for free, their next week is free.

ADULT COACHING SESSIONS

Make the most of your new membership; our wellness team will help get you oriented to our equipment, classes, and options so you feel ready to meet your wellness goals on your own. Come to a quick 30-minute orientation session to learn about all the Y has to offer to maximize your membership. Orientations are free and can be booked at the Welcome Center desk at any time.





EXETER AREA YMCA

ADULT PROGRAMS

[Click Here to Register for Programs](#) -in Daxko program registration, type name of program desired

OUTDOOR HIKING

Look for Pop-Up Dates and locations,
Free

Put your hiking conditioning to the test with organized hikes to local sites led by YMCA staff. Must provide your own transportation. Groups will agree on a meeting location. Suitable for ages 18+, weather permitting.

Registration required.



BICYCLE MAINTENANCE CLINIC

Saturday September 17th, 8:30 AM

Instructor Chris Zigmont, owner of the Alternate Route company, and a former Tour de France mechanic leads you on a discussion and demonstration on how to repair and tune up your bike so that you will be trail/road ready and able to perform simple repairs and maintenance yourself. You won't want to miss this informative session. Suitable for all levels of cycling. Held Outside in Parking Lot or Community room.

Chris Zigmont Bio

From the Tour de France and Olympic games, to the spring classics, to the Cyclo-cross, and MTB World Championship to the Tour of Beijing, and the Tour of California, to countless fondos and charity rides, I've been lucky to be at the service of athletes for decades. In spite of all of those places, the greatest satisfaction comes from keeping riders like you and me rolling when we need it the most." - Alt Route Founder - Christopher Zigmont



EXETER AREA YMCA

PICKLEBALL

[Click Here to Register for Programs](#) -in Daxko program registration, type name of program desired

PICKLEBALL

Paddles are available to borrow at the Welcome Center, balls are supplied by the YMCA. (Limited paddles are available).

Open play for all levels unless denoted on the schedule below. Play will be organized using a whiteboard in the gymnasium.

New players are welcome; please ask staff if you would like assistance on your first day.



PICKLEBALL CLINICS

9/3 and 9/17

8:00 AM- 10:00 AM

Members: \$15; Community: \$30

Learn how to play pickleball! This beginner clinic is taught by Jim White who has been playing Pickleball for 10 years. He is the Director of Pickleball for Kittery Community Center and York Parks and Rec. He has been teaching pickleball for beginners for the past 6 years. He is an Ambassador for USA Pickleball and a trained tournament referee. Intended for ages 16+ 16 people max participants.



FALL 2022 PICKLEBALL SCHEDULE

| GYM | Monday | Tuesday | Wednesday | Thursday | Friday |
|------|----------------------------------------------------------|------------------------------------------------------|--------------------------------------|------------------------------------------------------|--------------------------------------|
| WEST | Open Court 7a – 10a (2 courts) | Open Court 7a – 9a (2 courts) | Open Court 7a – 10a (2 courts) | Open Court 7a – 9a (2 courts) | Open Court 7a – 10a (2 courts) |
| EAST | Open Court 7a – 10a (2 courts) | Open Court 7a – 9a (2 courts) Advanced Play | | Open Court 7a – 9a (2 courts) Advanced Play | Open Court 7a – 10a (2 courts) |
| WEST | 1 court Advance 1 court Beg/Inter 6:30P – 7:45P | NONE | NONE | NONE | NONE |

Please refer to the whiteboard in the gymnasium for court assignments. ALL PLAY IS OPEN except Monday Night.

Reminder: this court time is intended to be operated using standard sportsman like behavior. Be considerate of the community you exist in and use the YMCA Core values to guide you: Respect, Honesty, Caring and Responsibility





EXETER AREA YMCA

ACTIVE OLDER ADULT PROGRAM

[Click Here to Register for Programs](#) –in Daxko program registration, type name of program desired

ACTIVE OLDER ADULT STROLL

Tuesdays: 9:00 AM to 10:30 AM, Starting 9/13

MEMBERS: No Cost;

Join Exeter Parks & Recreation and the Exeter Area YMCA for our new program, Weekly Walks! We will start at the bandstand in Swasey Parkway and make our way downtown, led by Dave Tovey, EPR. We will walk as a group to locations like Townhouse Common, Gale Memorial Park, and other locations in the downtown area. The total distance covered will be between 1-2 miles.



YOU CAN DRAW ANYTHING!

Tuesdays: 9:30 AM - 11:00 AM

September 9- October 4

MEMBERS: \$60; COMMUNITY: \$90

\$35 supply fee

A great introduction to the basics of art with an easy-to-learn approach! It's so simple anyone can do it!! And the emphasis will be on the fun!

Taught by instructor Curt Mackail, using pencil on paper you'll learn how to create realistic drawings of almost anything — landscapes, figures and still life scenes, even cartooning. No prior experience is necessary, but all skill levels are welcome. Unlock the surprisingly simple secrets used by the masters. The perfect introductory course that will open your creative mind. If you're already an intermediate artist, this class will help expand your horizons and further develop a personal style. We'll even have a mini art show reception to conclude

ACTIVE OLDER ADULT LUNCHEON SOCIAL

Tuesday Sept 27, Tuesday October 25.

12:30 AM - 2:00 PM

\$5 for ALL participants, scholarship available.

Partnering with EPRD, we are offering our community an opportunity to socialize and listen to educational health and wellness topics. Registration is necessary with a maximum capacity of 24. Topics to be confirmed. Held in the Community Room.

ACTIVE OLDER ADULT BOARD GAMES

Thursdays 11:00 AM - 1:00 PM

MEMBERS: No Cost; COMMUNITY: \$15

Come meet friends and play Mah jongg or another board game of your choice! Mahjong is a game of skill and strategy and calculation with a degree of chance. Beginners are welcome. Held in the Community Room.



Lincoln St Elementary (held at the Tuck)-AM&PM

East Kingston Elementary - PM Only



EXETER AREA YMCA

EVIDENCE BASED HEALTH PROGRAMS

[Click Here to Register for Programs](#) -in Daxko program registration, type name of program desired



DIABETES PREVENTION (Offered Virtually)

Wednesdays starting September 21 at 6:00 pm,
Tuesdays starting October 11 at 9:00 am
Thursdays starting October 13 at 6:00 pm

The YMCA's Diabetes Prevention Program focuses on small, measurable, reasonable goals to give participants confidence they can make the necessary changes to reduce their risk for type 2 diabetes and live healthier lives. In a classroom setting, a trained lifestyle coach will facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes over 25 sessions. The program emphasizes two primary goals for the first half of the program: reduce body weight by 7% and increase physical activity by 150 minutes per week.

For more information, please contact Cindy Lafond, at 603.232.8668 or health@graniteymca.org.

LIVESTRONG®

AT THE YMCA

LIVESTRONG

Tuesdays and Thursdays 10:30 - 11:30 AM
Starts September 27

Reclaim your health after surviving cancer in this research-based 12-week physical activity and wellbeing program. You'll meet with your small group twice a week to regain your physical, emotional, and spiritual strength. Group will meet in the Odyssey Center but will use facilities throughout the building.



PERSONAL TRAINING AT THE YMCA

MEET YOUR WELLNESS GOALS

It can be hard to maintain a wellness regimen on your own! Having regularly scheduled appointments with a wellness professional will hold you accountable for achieving your goals and will deliver your desired results. Working out is better with friends. Form a workout group, motivate each other and save!



AFFORDABLE OPTIONS FOR EVERYONE

First time client Introductory Package: 3 Sessions for \$136

| Number of Sessions | One Individual Training Session \$60 | Small Group Training (2-3 People) | 30 Minute Sessions |
|--------------------|--------------------------------------|-----------------------------------|----------------------|
| 5 | \$275 (\$55/session) | \$400 total (\$80/session) | \$200 (\$40/session) |
| 10 | \$500 (\$50/session) | \$750 total (\$75/session) | \$350 (\$35/session) |
| 15 | \$675 (\$45/session) | \$1050 total (\$70/session) | \$450 (\$30/session) |
| 20 | \$800 (\$40/session) | \$1300 total (\$65/session) | \$500 (\$25/session) |

Monthly Fitness Plan Only packages

(No 1:1 training, exercise plan only)

Instructor will put together a written exercise plan for you to follow on your own. Two levels of program available based on your experience level. Rates represents a one time charge for a one month plan.

Advanced Program: \$100/monthly plan
Beginner Program: \$50/monthly plan

Please contact our Wellness & Personal Training Coordinator, Carl Hampe, at Carl@sdymca.org or (603) 319-5935 to book today!



EXETER AREA YMCA

GROUP EXERCISE CLASS DESCRIPTIONS

ALL LEVELS YOGA

All Levels Yoga is just as it sounds. During this class, classic yoga poses are practiced with an emphasis on alignment in a slow paced controlled environment. Modifications will be provided for all ability levels. This class is appropriate for beginners and participants who have been practicing yoga for some time.

BODYCOMBAT™

BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories* in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

CARDIO SCULPT

Cardio Sculpt is a 55 minute mix of resistance based sculpting and toning exercises alongside cardio bursts to improve your endurance, flexibility, muscle tone and definition.

BARRE

This ballet inspired exercise class is designed to sculpt and tone your arms, legs and core. Work your entire body with exercises to stretch & lengthen each muscle group. Classes will incorporate exercises at the barre and on the mat.

PILATES

The Essential Mat class incorporates the Five Basic Principles of the STOTT PILATES method. Each class is designed to help you develop leaner, longer-looking muscles, establish core strength and stability and heighten mind-body awareness. This class is great for beginners, seniors, injury rehabilitation and anyone looking to focus on improve overall Pilates technique. Pilates and overall core strength is central to a healthy body.

RPM™ Cycle

RPM is a group indoor cycling workout where you control the resistance. Find your rhythm as your instructor takes you through hill climbs, sprints and flat riding. Accelerate your personal performance and boost your cardio fitness.

BODYFLOW™

BODYFLOW is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

BODYPUMP™

Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

GENTLE STRETCH & STRENGTH

Traditional exercise classes can be challenging when you have to get up and down off of the floor. With the help of a chair anyone can achieve the benefits of increased circulation, balance, flexibility, mobility and strength. Gentle Stretch & Strength is recommended for those with chronic conditions that may be causing them joint pain and stiffness as well as limited mobility. Be sure to discuss your fitness goals with your doctor before starting a program.

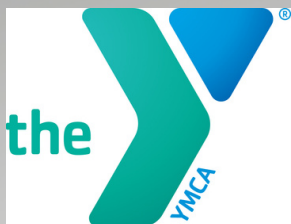
LES MILLS GRIT CARDIO

A 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed, and maximizes calorie burn. This workout uses a variety of bodyweight exercises and provides the challenge and intensity you need to get results fast.

POUND®

POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and isometric poses into a 45-minute series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music! Through continual upper body motion using our lightly weighted drumsticks, called Ripstix®, you'll turn into a calorie-torcing drummer, POUNDing off pounds as each song flies by.

[Click to download latest Group Exercise schedule](#)



EXETER AREA YMCA

GROUP EXERCISE CLASS DESCRIPTIONS

CYCLE

This is YOUR ride! Your instructor will take you through hill climbs, valleys, peaks, flat roads and timed sprints to continuously challenge you. Your instructor will customize your bike and your experience to fit your riding style and ability level. You will also have a display monitor to provide immediate feedback and track ongoing improvement.

GENTLE YOGA

Gentle Yoga is built for the beginner or anyone seeking a softer, nurturing, slow-paced yoga class. Ease yourself into carefully structured movements and stretches to improve flexibility and serenity. Develop an awareness of the breath and leave class feeling relaxed and ready for a balanced life.

POWER CYCLE

Power Cycle is a unique class designed for all levels of fitness and to help individuals keep their training goals. Learn how to interpret the rate of energy you expend and the overall work you have done and how it translates into results on and off the bike.

POWER YOGA

Power yoga is a vinyasa based yoga, practiced in a controlled heated environment. This high energy class will build strength, improve flexibility, and increase stamina. Class will be taught in a heated environment of approximately 80-85 degrees.

SENIOR STRENGTH & BALANCE

This low-impact class is designed for seniors looking to incorporate basic exercise strategies into their activities of daily living. This class is for beginners focusing on basic strength, balance & stability exercises to prevent injury and increase their quality of life. Using a variety of equipment like stability balls, hand weights, resistance bands, and body weight your instructor will teach you how to move well and increase your skills.

SHIFT

Specialized High-Intensity Functional Training is what you need to take your fitness to the next level. SHIFT incorporates a variety of complex movement patterns to get your heart rate soaring and your skill level climbing. Build strength and power while you learn how to push yourself to new levels and achieve incredible things.

VINYASA FLOW

Breath and dynamic movement are the foundations of this challenging and fun practice, emphasizing strength, core work, and flexibility while encouraging the whole body to become more balanced. Previous yoga experience is recommended, but not required. This class is not heated. Vinyasa Flow is a great class to help you build variety and balance in your yoga practice.

POWER YOGA

Power yoga is a vinyasa based yoga, practiced in a controlled heated environment. This high energy class will build strength, improve flexibility, and increase stamina. Class will be taught in a heated environment of approximately 80-85 degrees.

ZUMBA®

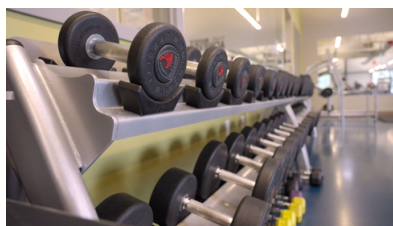
Zumba is an aerobic workout based around Latin dance moves and music. Each class incorporates a variety of dance moves from merengue, salsa to reggaeton. It is a great way to burn calories, build relationships and have fun! Zumba is a great way to shake out the stress of your day.

CYCLE +

Ride to the beat of the music during this 45-minute high-energy class that will take you from a flat road to the top of the mountain. Challenge yourself with a series of intervals – plus one set of arm weights – and creatively choreographed movements to keep you motivated.

STRETCHING AND PRESSURE POINTS

Every movement and activity makes muscles short and tight. Stretching is important to keep the muscles flexible, strong and healthy. In eastern medicine, we believe there are channels in our body and in a healthy body our energy flows without blockage. Acupuncture points are located throughout the body and by applying pressure the energy flows better. This class teaches you stretches with acupuncture points to maximize the benefit of stretching.



[Click to download latest Group Exercise schedule](#)



EXETER AREA YMCA

GROUP EXERCISE CLASS DESCRIPTIONS

STRONG AND STEADY

Incorporate basic exercise strategies into your daily activities. This class is for beginners focusing on basic strength, balance & stability exercises to prevent injury and increase their quality of life. Grab a chair, resistance band, and a set of light weights! Your instructor will teach you how to move well and increase your skills.

STRENGTH TRAINING

Strength training is an important part of every exercise routine. In this class you will get a total body workout while the instructor coaches you through the moves and techniques pumping out encouragement, motivation and great music. You'll leave the class feeling challenged and motivated, ready to come back for more.

STRENGTH TRAINING & CORE

This is a strength-based workout using bodyweight and resistance training. Each workout will have blocks of lower strength, upper strength, and core. Designed for all fitness levels. Modifications and progressions will be provided.

STRENGTH & CORE

Strength and Core is a fusion of strength training and core work! This class combines strength-building exercises using bodyweight, free weights, resistance bands, yoga balls, and gliding discs. Suitable for all fitness levels, ages, and abilities.

CIRCUIT TRAINING

Circuit Training is a mixture of weights, cardio, and core. Class is broken up into timed circuits that are medium to high intensity for a full-body workout using hand weights, weighted bars, and body weight. Modifications will be provided as needed.

ALL LEVELS CYCLE

"All Levels Cycle" is an indoor cycle class designed for first-time, intermediate, advanced, and senior riders. Each class begins with an emphasis on class goals, proper bike setup, leg speed, riding technique, and comfort level of exercise. Profiles help participants interpret their rate of energy, work done, and how to translate those results into meeting personal fitness goals. Class provides the opportunity to improve physical well-being and have fun to the beat of music everyone loves.

ZUMBA GOLD®

Beginners and active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity and lower-impact environment should try Zumba Gold®. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.

TRX FUSION

This class will develop strength and endurance while simultaneously improving balance, flexibility, and core strength. Exercise will use a mixture of TrX suspension straps, light to moderate weights, kettlebells, resistance bands, and body weight. This class is appropriate for all levels.

Easily modified for beginners to athletes who are looking to improve overall performance!

CIRCUIT TRAINING & FLOW

Two 30 minute classes with the first 30 minutes dedicated to medium to high intensity timed circuits using hand weights and body weight for strength training plus cardio and core. The second 30 minutes is a Flow Yoga which focuses on stretches using sun salutations, warrior poses, balance, hips, hamstrings, and back. A 5-minute meditation ends the class. Stay for both classes for a total body workout and stretch or choose one 30 minute, class

[Click to download latest Group Exercise schedule](#)



GROUP EXERCISE



SCHOOL AGE CHILD CARE

CONNECTIONS IN LEARNING



BEFORE AND AFTER SCHOOL CARE

The YMCA Afterschool program is a “values” driven program that puts a strong emphasis on our core values of Caring, Honesty, Respect, and Responsibility. We strive to provide every child with activities that encourage a healthy spirit, mind and body.

IN-SERVICE DAY PROGRAMS

When school is out for holidays or scheduled in-service and teacher workshop days, YMCA School Age Child Care offers full-day programming for youth in grades K-5 enrolled in School-Age Child Care. Y programs allow children to explore and learn beyond school in a safe and fun environment. Children must come prepared with masks, lunch, snacks, water bottles, and weather-appropriate attire.

SITE LOCATIONS

Newton Memorial School-AM and PM

DJ Bakie Elementary-AM and PM

Stratham Memorial School-AM and PM

Hampstead Central School-AM and PM

Main St Elementary (held at the Tuck)-AM & PM

**** Planning to open Hampton and Freemont pending staff hiring**

We are committed to providing accessible, affordable, reliable childcare to any family that needs it, regardless of their ability to pay. For more information about financial assistance, you can reach our director, Anthony Panciocco, at anthony@sdymca.org.

2022-2023 School Age Child Care Rates

| Traditional Before and After School Care | 2 Day Rate (1-2 Days) | 3 Day Rate | Full Time (4-5 Days) | 2nd/3rd Child (Full Time Discount) |
|------------------------------------------|-----------------------|------------|----------------------|------------------------------------|
| AM Only | \$36/Week | \$52/Week | \$77/Week | \$69/Week |
| PM Only | \$46/Week | \$68/Week | \$98/Week | \$88/Week |
| AM & PM | N/A | N/A | \$124/Week | \$111/Week |

Register at sdymca.org/school-age-child-care



YMCA CAMP LINCOLN

MAKING MEMORIES

[Click Here to Register for Programs](#) -in Daxko program registration, type name of program desired

HOMESCHOOL JAMBOREE

Fall Jamboree- Friday, September 16 at Camp Lincoln
Join us for a fun day of activities at Camp to kick off the season.
Registration August 26 in Daxko, check the website for details.

HOMESCHOOL SESSION (Ages 5-15)

Starting in October, Camp Lincoln will offer its environmental education programs to homeschool students! Participants will be divided into two groups according to age (5-15 and 12-17) and will be led through fun and engaging activities focusing on natural science. Campers should bring weather-appropriate clothing, lunch, snack, and a water bottle.
Registration in Daxko on September 5th, check the website for details.

INDIGENOUS PEOPLES WEEKEND FAMILY CAMP

10/8-10/10 at Camp Lincoln
Saturday 10:00AM-Monday 12:00PM
Cost: \$130 per adult, \$90 per child ages 5-17.
Children under 5 are free.
Registration coming soon!

Family camp is back! Join us on the shores of Kingston Lake for a weekend full of your favorite camp activities. Reconnect with your family as we enjoy boating, archery, the ropes course, arts and crafts, and hiking. We will also continue our family camp traditions, such as the pumpkin stroll, polar plunge, and kickball game. All meals will be provided. Registration is limited and required in advance. Registrants will receive additional information, packing list and a schedule the week before the event.

FALL PROGRAMS BOOKING NOW

GROUP RENTALS

Rent Camp Lincoln for Birthday Parties, Weddings, School Groups, Reunions, or Corporate Events!

Contact Geof at geof@ymcacamplincoln.org for details and to book your event.

LIVE MUSIC AT CAMP

Saturday, 10/15

5:00 PM to 7:00 PM at Camp Lincoln

Join us for live music from Rick Lang as he plays his Grammy-nominated Bluegrass gospel music under the camp pavilion. Rick is a local songwriter and Camp Lincoln Alum and will be sharing the meaning and stories behind his songs. Bring a picnic and enjoy some great music.



ALUMNI DAY AT CAMP

Saturday, 10/22

10:00AM-4:00PM at Camp Lincoln

Free, and open to all current staff and Camp Alumni.
Registration opening soon!

Have you been missing camp? Has it been too long since you visited with your camp friends? Now's your chance to come back for a visit! Camp Lincoln is just the way you remember it, but with some exciting new changes. Come reconnect with camp, spend time with old friends, and make some new ones. You'll be able to do all of your favorite camp activities, and have plenty of time to reminisce and relax by the campfire.

